

Preventing Ticks Bites

Why are people concerned about tick bites?

Ticks are very small and can be difficult to see. The most common illness caused by tick bites (in our area) is Lyme Disease. Lyme disease is transmitted from the bite of an infected blacklegged tick (deer tick).

What can I do to prevent any illnesses from a tick?

When you are outdoors:

- Avoid tall grass and dense wooded areas where ticks often live
- Wear light colored clothing so you can see the ticks better
- Wear long sleeves and tuck pant into socks
- Apply recommended bug repellants to clothing and skin (check with your child's healthcare provider before applying on children)



When you come indoors:

- Remove any ticks by washing your clothes after being outdoors
- Check your body for ticks and have someone else help if you can't see all areas
- Check pets when they come indoors

If I find a tick has bitten me, what should I do?

- Using tweezers, grab the tick's mouth parts, close to the skin, and slowly pull straight out
- Place the tick in a jar or plastic bag
- Wash your hands and the area around the bite
- Mark the date on a calendar—illnesses from tick bites develop from 2 to 30 days after a bite

Where can I find more information? www.cdc.gov/ticks/avoid/



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